

Toras Emes E.C.E.

Parshas Chayei Sara

November 18, 2011
Candle Lighting 5:12 P.M.

CALENDAR NOTES:

Thanksgiving– Thursday, November 24.
Classes from 9:00 a.m.– 11:00 a.m.

Friday, November 25– No School

NICHUM AVEILIM:

Rabbi Rafael Marlowe on the loss of his father. Rabbi Marlowe will be sitting Shiva in his home, 17121 NE 13th Ave until Sunday morning.

ANIMAL KINGDOM:

The children had a wonderful experience this week learning about farm animals. Animals that were brought to the school included a goat, a donkey, a llama, a calf and ducks. You should have seen the children running after the billy goat. The children also had a great time holding newborn baby rabbits. What fun!

SCIENCE MONTH

A four week science unit was started this week in the early childhood program. The Nursery classes will be learning about the Five Senses. The Pre-K children will be studying the Properties of Air and the Kindergarten children will be studying the Properties of Magnets. We would appreciate it if parents would send in books from home or from the library on any of the above topics.

Yahrzeit of Mrs. Jeanette Levine A”H

The Levine/Himmelstein families invite the community to commemorate the 2nd yahrtzeit of our beloved Jeanette Levine A”H, Monday, November 21st– 8:00 p.m. at Aish Hatorah in Hollywood. Rabbi Tzvi Nightingale and members of the Levine family will speak. Refreshments will be served.

THANK YOU:

Mr. Ruben and Astrid Ruda for donating educational material to the NI class in honor of Sharon’s 3rd birthday.

27TH ANNUAL DINNER & JOURNAL CAMPAIGN

AD BLANKS ARE IN THE MAIL!!!

We hope you will take this opportunity to express your *HaKoras HaTov* to our wonderful honorees for all they've done for our Yeshiva and community by responding as generously as possible. Please see the attached flyer for further details.

Mark

JANUARY 8, 2012

on your calendars and
line up your babysitters
early!

NURSERY I & II- MOROT ETTIE & TAMI

You share I'll share

We all share together

Sharing together, that's the thing to do

Toys and books and puzzles and dolls

Whatever you have

You've got to share it all

The mitzvah of Gemilus Chassadim was introduced this week in Nursery. We talked about **Rivka's act of chessed in giving water to Eliezer and his camels.** To help the children understand the concept of Gemilus Chassadim, we stressed the importance of sharing both at home and at school. We listened to the stories The Mentchkins Make Friends by Chava Leah Rothstein and Yossi And Laibel Hot On The Trail by Dina Rosenfeld, both of which focus on the importance of doing chesed.

We continued working on our farm unit. We **learned the songs "Five Little Ducks" and "The Farmer In the Dell."** The book To Market To Market by Anne Miranda was read to the children. We also continued working on our cutting skills.

In our Hebrew Language unit this week, we continued to focus on classroom vocabulary and learned the phrases:

אתה ילד
את ילדה
זה מספר
זה משחק
מי זה?
מה זה?
לשבת בשלחן
לשבת על השטיח

The visit of the Animal Kingdom was a huge success. The children were so excited to see real sheep, rabbits and chickens. They fed the animals and even got to pet them. The best part of the program was when the children tried to imitate the sounds of the animals.

NURSERY I & II- MOROT NECHAMA & SUSAN

We started a new science unit on the topic of the Five Senses. The Sense of Hearing was featured this week in the Afternoon Nursery. The children enjoyed decorating an ear and making a hearing device out of plastic. They listened to many different sounds and tried to identify them. Each child played a musical instrument in our marching band. We listened to the stories The Five Senses- Hearing by Maria Ruis, Sounds All Around by Jane Belk Moncure, The Five Senses by Alike, Splish, Splash Sounds by Richard Scarry, A First Book Of Sounds by Melanie Bellah and The Listening Walk by Paul Showers.

Singing and dancing is always part of our Nursery curriculum. This week, the children listened to the story Arroz Con Leche by Lulu Delacre and had a wonderful time learning the songs featured in this book. Their **favorite songs were "Orange So Sweet" and "The Fountain."**

In conjunction with our unit on the Sense of Hearing, we learned the song "Do Your Ears Hang Low?"

Do your ears hang low (2x)
Do they wobble to and fro
Can you tie them in a knot
Can you tie them in a bow
Can you throw them over your shoulder
Like a Continental soldier
Do your ears hang low?

Outdoors, the children flew the kites that they created. The numbers one through ten were added to the kites so that the children could review the numbers.

PRE-KI & II- MOROT ETTIE & HEIDI

In Parashas Chayei Sara, we were introduced to Rivka Imeinu. Rivka demonstrates the middah of chessed. This is seen when she gives water from the well to Eliezer and his camels. We learned about the three nissim which occurred in **Sara's tent**-the clouds of glory, the bracha of the dough and the candles which stayed lit from one Erev Shabbos to the next. When Rivka married Yitzchak and came into the tent, all the brachos which left when Sara Imeinu died, returned to the tent. We hope you enjoy the delicious challah which the children **baked in honor of this week's parsha**. **Some of the books we read this week about doing chesed were:** Yossi And Label Hot On The Trail and Kind Little Rivka both by Dina Rosenfeld, All Kinds Of Chesed by Ruth Beifus and A Thread Of Kindness by Leah Pearl Shollar.

The letter Vav was introduced this week. We learned new words such as:

ורוד
וילון
ורד

We are continuing our unit on Chelkei HaGuf. This week, we are reviewing all of the new vocabulary words that were introduced last week such as:

הנה ראש
הנה עיניים
הנה אף
הנה פה
הנה ידיים
הנה רגלים
הנה אזנים

Our Hebrew Language unit focusing on classroom vocabulary was continued this week. We reviewed the phrases:

מה זה?
זה שלחן
זה שלחן אדם
איפה הכסא?
הנה הכסא
הנה ספר
הנה שלחן

PRE-KI & II-MORAH JUDY

This week, the Pre-K children started a science unit on the Properties of Air. We did experiments to prove that a candle needs air in order to stay lit, and that air takes up space.

The children also experimented with an air blowing machine. They experienced air pressure and they saw how air can lift objects up into the air. Feathers, cotton balls, pom poms and tissues were lifted into the air by the air pressure coming from the air machine. Heavy items would not lift up as easily. The children were excited to discover that although air can fill up many objects such as a ball, a bag, a balloon and a tire, it has no weight.

The Pre-K children played rhyming word matching games. They reviewed rhyming sounds through stories and poems.

The story of the Pilgrims and Native Americans was introduced this week. We learned about the Pilgrims sailing on the Mayflower to find freedom. The Native Americans helped teach the Pilgrims how to live in their new land.

Books read this week included Life In the Air by Maria Ruis, Millicent And The Wind by Robert Munsch and Curious George Flies A Kite by H.A.Rey

Rabbi Schwartz came to class this week **to talk to the children about "Lashon Tov."** **Hashem gave us our "peh" so that we can speak nicely to our friends, our parents and our morahs.** We are all going to be very careful how we speak to each other.

KINDERGARTEN I, II & III-MOROT BAYLA AND RENA

Parashas Chayei Sara was the focal point of the week. We learned about the death of Sara Imeinu and discussed the many maasim tovim that she did throughout her life. We learned about the purchase of Mearas Hamachpela, which is still prominent in our hearts and minds today. We compared the character traits of Avraham Avinu and Efron Hachiti.

Doing chesed was emphasized this week in our classroom. We learned this from the way Eliezer chose a proper wife for Yitzchak. We enjoyed listening to the story Kind Little Rivkah by Dina Rosenfeld which was also featured in our listening center. We acted out the scene of Rivka selflessly giving of herself to make Eliezer and his gemalim more comfortable. We felt that this was not an easy task. We also discussed the three **simanim which left Sara's tent when she died and returned when Yitzchak married Rivka**. These signs showed that she was a tzadikes. We created a beautiful Hadlakas Neiros frame and baked delicious **challah in honor of this week's Parsha**.

The letter "Vav" arrived in kindergarten this week with the special mitvah of "V'Ahavta L'Reacha Kamocho." All the yeladim in kindergarten are going to try and be especially nice to each other. We learned that the letters Vav and Vais have the same sound and reviewed the letters Aleph through Vav with the nekudos that we have learned so far.

We continued our Hebrew Language unit on Bakitah. Some of the new Hebrew phrases that we learned were:

אני הולך לגן
אני הולכת לגן
אני יושב על הכסא
אני יושבת על הכסא

In Project Derech we learned that it is a mitzvah **not to sit in your parent's chair**.

KINDERGARTEN I, II & III- MOROT BERNEY & HEIDI

Our kindergarteners had a lovely week filled with **many new learning experiences**. **"Ll" was our letter of the week**. The children were so excited to combine letters and **read word families**. **We started with the word family "ad"** and read words like dad, sad, lad and glad.

Literature was a new vocabulary word that we learned. Some of the literature the children enjoyed listening to this week was Leo The Late Bloomer by Robert Krauss and The Little Engine That Could by Watty Piper.

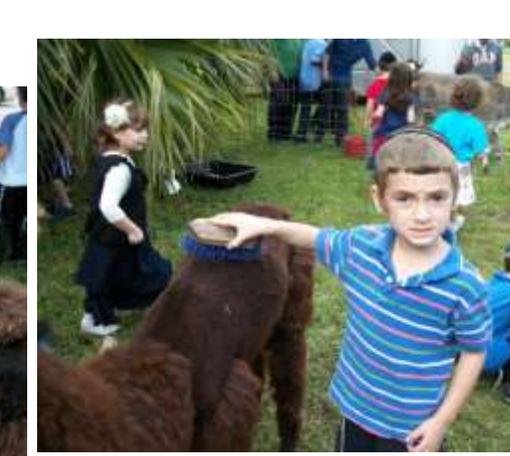
In math, the concepts of ordinal numbers and simple sums were reinforced. The children were shown what a number line is and how it can be used to count and add numbers.

Science month began this week and the kindergarten classes focused on magnets. We learned that a magnet is made of metal that some other metals cling to. Things that cling to a magnet such as iron and steel are called **"magnetic"**. **Magnetism is the force that either pulls metal objects together or pushes them away**. The ends of a magnets are called poles. One end is called the north pole and the other is called the south pole. **The poles of the magnets have the strongest pull. If one magnet's north pole faces the other magnet's south pole, the two magnets will cling together**. If the same poles face each other, the magnets are pushed apart. Once something that is made from a magnetic material touches a magnet, it too becomes a magnet. We had so much fun using magnets in class and experimenting with many different types of magnets. Some of the books that we read about magnets were Magnets by Karen Brjant-Mole, All About Magnets by Stephen Krensky, Mickey's Magnet by Franklin Branley and Eleanor Vaughn and What Magnets Can Do by Allan Fowler.

In Social Studies, we continued our American History unit on the Pilgrims. They experienced many hardships during their first winter in the New World. The children were fascinated by the tale of Squanto and how he helped the Pilgrims survive. We learned how the Native Americans communicated by using pictographs. Some books that were read on this topic were The Very First Thanksgiving Day by Rhonda Gowler Greene and Samuel Eaton's Day by Kate Waters.



Animal Kingdom

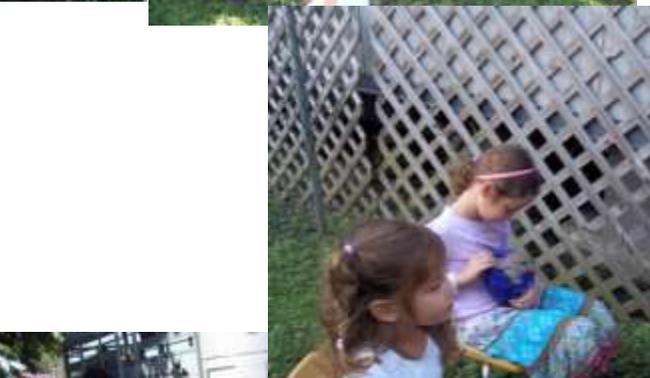














Farm Day
Little Animal

Car



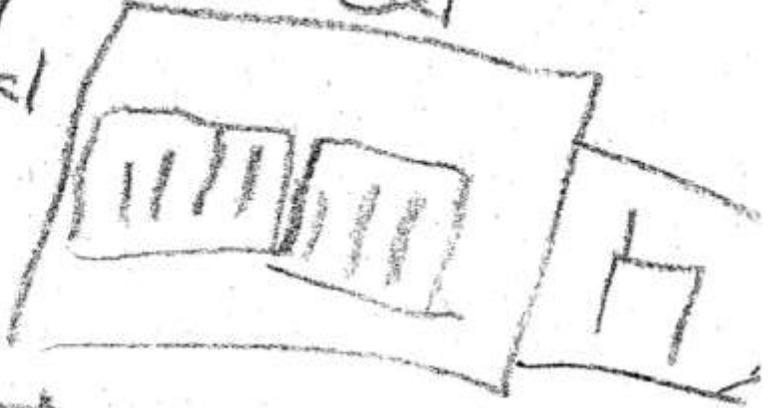
Flower



Big
Animal



Big
Animal



Animal Kingdom

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YESHIVA TORAS CHAIM

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TODAY WAS TOMORROW YESTERDAY

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to the Present
to Understand
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send an email to:
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Waking Up to Young Kids' Sleep Troubles

OK, parents: With TV, the Web, homework and social events distracting children, it's time to set limits

BY JENNIFER MOSES

WE'RE USED TO teenagers (SATs! Hormones! Facebook!), college students (can you say "pulled an all-nighter?") and hard-driving professionals (billable hours!) not being adequately rested. Now we can add a new category of the chronically catatonic: preadolescents.

Take 10-year-olds who routinely wake at 3 a.m. with a nightmare or a wave of anxiety—and just as routinely move into their parents' beds for the rest of the night. Or the sixth-grader who's always tired because she has so much homework that, even when she finishes it on time, she's too keyed up to fall asleep.

What would Grandmother say? Mine would say something along the lines of: "What, are you nuts?"

According to the National Sleep Foundation, two-thirds of kids in the years through middle school aren't getting adequate sleep, which, for these ages, is 10 to 12 hours. James B. Maas, a professor of psychology at Cornell University, puts that figure higher, at around 85%. A study published in 1999 showed that about 10% of school-age kids through fourth grade fall asleep in school—and parents and experts will tell you that the problem, enhanced by the Age of Internet and iPod, has only

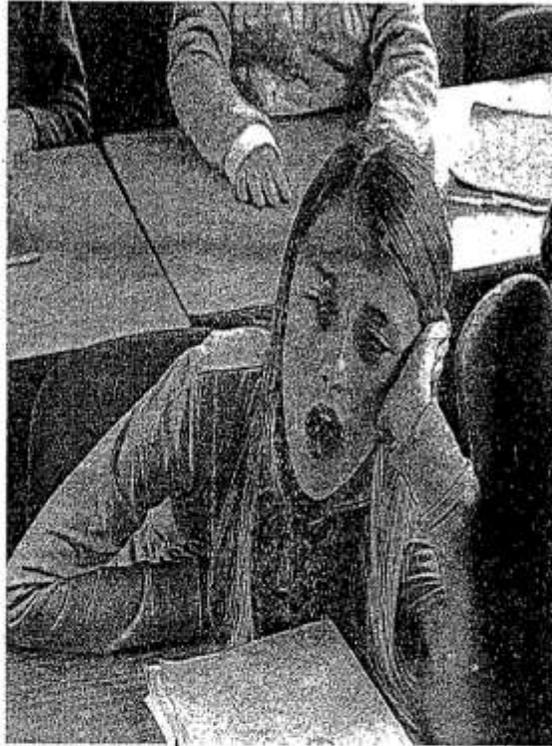
grown worse. From Massachusetts to Oregon, middle schools, along with high schools, are now pushing back their start times so that students can get more sleep. Which is a great idea—unless it just gives kids yet another excuse to stay up late and watch TV.

In the meantime, studies have shown over and over again that sleep-deprived children are prone to acting out, inappropriate behavior, inability to focus, depression and even weight gain, because a kid without enough energy reserves in the form of sleep tends to both eat more and exercise less.

These kids aren't merely a pain for teachers, but also can develop serious health and developmental issues. Their sleep-deprived bodies release "counter-regulatory" hormones, particularly adrenaline and cortisol, that not only make them hyper and incapable of focusing (time to get out the Ritalin!) but also short-circuit development, as the brain's repair-and-restore cycle doesn't have enough time to complete its dance.

Yes, America's falling behind, but not because we're lazy. On the contrary. We're so frenzied that we can no longer pay attention.

Educators speak of kids who come to school exhausted because they were out with their own parents, or at a family event, the night before. Working parents talk about how guilty they feel about their schedules, or how badly they want to spend more time with their kids. That makes them prone to allowing their kids to stay up late. Pediatricians talk about parents who don't know how to set limits—to say, as so many parents once did,



SLEEP COACHES, a new set of specialists, teach parents to get kids more Z's.

"It's bedtime, lights out, sleep tight."

But sleeping tight is hard when 42% of children have televisions in their bedrooms, according to the National Sleep Foundation. Then there are after-school sports, music lessons, tutoring, hours of homework. Add a bedtime Internet habit, and you've got one fine recipe for a wound-up kid.

Everyone talks about lack of down time for today's kids, so far removed from those endless hours of long-ago childhoods. Now, nearly everyone knows a prepubescent whose days are so packed that they start earlier and get

home later than most working adults.

Sometimes the solution is clear. Dr. Keri Wasser, a Montclair, N.J., psychiatrist who sees school-age children with a variety of behavioral, social and focus problems, says that sometimes "just regulating the child's sleep cycle improves behavior substantially."

So bad has the problem of juvenile exhaustion become, though, that a new class of sub-specialists have cropped up—sleep coaches. At Sleepy Planet in Los Angeles, Jill Spivack puts comprehensive step-by-step programs together for parents: "If an infant doesn't get

enough sleep, chances are that you'll have the same problem later on, with kids at 10, 11 and 12 who never learned how to self-soothe, so they wake up at night."

Yes, I know. What would Grandmother say? Mine would say something along the lines of: "What, are you nuts?" Since when did parents have to rely on books or consultants to put their children to bed?

My own hunch is that as women became experts in fields outside the home, spending most of their days somewhere other than the nursery (or the kitchen), we ceded what was once our birthright—as CEOs of our families and homes—to experts.

These parents don't get, fundamentally, that they are the grown-ups in the house, the bosses, the Deciders, and therefore get to say things like "Because I said so, that's why." In sleep-management circles, this is called "setting limits" or "managing boundaries." When my own children were little, my husband and I called it "Go to bed or blood will be spilled." (Probably my husband's. Lack of sleep makes me psychotic.)

They went to bed. As does my 12-year-old neighbor, who not only has a strict bedtime, but also admitted to me—albeit under some duress—that she's more or less the best student in her class. "They stay up pretty late," she said about the others. "They're tired."

Ms. Moses is the author of "Bagels and Grits: A Jew on the Bayou" and "Food and Whine: Confessions of a New Millennium Mom."

13 Teves, 5772 / Sunday evening, January 8, 2012

YESHIVA TORAS CHAIM / TORAS EMES

27th Annual Dinner

HARBOTZAS HATORAH AWARD
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YOUNG LEADERSHIP AWARD
MR. & MRS. CHAIM & BRYNA ROTH
ACCEPTED IN LOVING MEMORY OF THEIR BELOVED FATHER,
R' REUVEN YISROEL BEN CHAIM HIRSCH ROTH ה"ע

Mr. & Mrs.

Chaim & Bryna Roth

Completing our extraordinary group is Mr. and Mrs. Chaim and Bryna Roth, who will be accepting the *Young Leadership Award* in memory of Chaim's beloved father, *Reb Reuven Yisroel ben Chaim Hirsch A"H*. Mr. Roth A"H, or "Robbie", as he was known, was involved in virtually every facet of Jacksonville's Jewish life, founding both Beth Sholom Synagogue and the Torah Academy, and serving as President of Etz Chaim Synagogue. Chaim and Bryna Roth have embraced that legacy of involvement - he as a board member of the North Miami Beach Community Kollel and she as a devoted employee of our Early Childhood Division, as well as through her high level of involvement in numerous Yeshiva projects - the Annual Chinese Auction, PTA Chanukah Boutique, organizing class mothers, to name a few. Together, they are "paying it forward" through their *ma'asim tovim* and extensive involvement in our *kehilla*.

Wishing you a wonderful Shabbos!

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YESHIVA TORAS CHAIM / TORAS EMES

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27th Annual Dinner & Journal Campaign

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MR. & MRS. IRVING & ROSLYN SEIDEL *הרב*
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MRS. DEBORAH S. CHAMES & MRS. SHIRA S. WESTREICH

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MR. & MRS. CHAIM & BRYNA ROTH
ACCEPTED IN LOVING MEMORY OF THEIR BELOVED FATHER,
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